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To have a clear mind

Also found in: Dictionary, Thesaurus, Medical, Encyclopedia. 1. To be considering someone or something as a candidate or possibility for something. In this usage, a noun or pronoun can be used between "have" and "in." I have Jane in mind for this job because she is clearly the most qualified candidate. What did you have in mind for dinner tonight?2. To plan or intend to do something. I have in mind to ground you for a month for disobeying me like that!Farlex Dictionary of Idioms. © 2015 Farlex, Inc. All rights reserved.Fig. to be thinking of someone or something as a candidate for something. Did you have anyone in mind for the job? I have something in mind for the living-room carpeting. He probably had himself in mind when he spoke about the need for new blood.McGraw-Hill Dictionary of American Idioms and Phrasal Verbs. © 2002 by The McGraw-Hill Companies, Inc., plan or intend to do something: How long have you had this in mind?See also: have, mind, something, to be planning to ask somebody to do a job, or use something to do a job: I need a secretary, but I haven't got anyone in mind. ◎ I've got a picture by Hockney in mind for the front cover of the book.See also: have, mind, somebody, somethingFarlex Partner Idioms Dictionary © Farlex 2017 1. To remember or think of. She has your best interests in mind.2. To intend or be inclined (to do something): I have in mind to sell the house.American Heritage® Dictionary of the English Language, Fifth Edition. Copyright © 2016 by Houghton Mifflin Harcourt Publishing Company, Published by Houghton Mifflin Harcourt Publishing Company, All rights reserved.See also: Want to thank TFD for its existence? Tell a friend about us, add a link to this page, or visit the webmaster's page for free fun content. Link to this page: Photo by Scott Webb on UnsplashMy theme for 2019 is 'focus.' Focus on the work and projects that matter, the people I really care about, and, most of all, focus of the mind. If you're anything like me — an overthinking introvert with a mind that's always on — that last one is especially difficult.Part of it's just human nature. Our brains are wired to look for problems. To obsess over an issue we can fix. Until we create... Milan will reinforce their squad with a few signings this summer, having already announced Mike Maignan, and one of the priorities is the right-wing. Samu Castillejo is destined to leave and a replacement will be needed. According to MilanNews, Castillejo has attracted interest in La Liga and his departure from the club is almost a certainty. And Milan have a clear type in mind when it comes to the replacement, having lacked some goals on the right-hand side.On the left flank, Ante Rebic and Rafael Leao have found the back of the net several times, which can't be said for the right-wingers. Therefore, Milan want a player who can beat his man and also provide both goals and assists for the team.In other words, they want a player who is different to Alexis Saelmaekers, who works hard in both phases of the game but lacks when it comes to scoring points. The scouting network has identified several solutions, with evaluations underway.READ MORE: Tomori has convinced everyone - decisive week expected regarding his permanent stay During the last decade the use of Neurofeedback techniques to achieve a better athletic performance has been a booming subject. More and more athletes use mental training each day as a means of achieving the ultimate competitive edge. One of the most well-known examples is the Italian football team that won the 2004 World Cup [...] Compelling research evidence exists that there is often a neurophysiological basis for depression, particularly in people with a family history of depression. Neuroscientists have discovered a particular brainwave pattern that allows us to identify individuals with a biological predisposition for developing depression. This biological marker appears to be very robust (Davidson, 1998a, b), having been [...] "Practice makes perfect," the saying goes. Optimal perfect, however, can require more than talent, effort, and repetition. Training the brain to reduce stress through neurofeedback can remove barriers and enhance one's innate abilities. An article in the journal Biofeedback presents the narrative of a young cellist who was able to realize the potential of his [...] What exactly is Neurofeedback and see how it can help children with ADHD type symptoms Neurofeedback training allows the central nervous system to function better. Dr. Ron Swatzyna remembers Nov. 5, 2009, well. That day, Major Nidal Hassan opened fire at Fort Hood, killing 13 people and wounding dozens of others. But all Swatzyna could think about was what must have been going on inside Hassan's mind "I think it finally finally set him into a secondary PTSD," said Swatzyna, [...] Preview Preview Bob MacIntyre in action during last year's US Open at Winged Foot. He is now preparing for the 2021 edition at Torrey Pines next week. Picture: Gregory Shamus/Getty Images.Two years ago after his head became a bit scrambled following a missed cut in Morocco on the back of rounds of 77-78, MacIntyre utilised some time at home in Oban to swap a golf club for a caman and play some shinty with his pals.At the end of that season, which saw him crowned as European Tour Rookie of the Year, MacIntyre admitted that a bus journey back from a game had made him "realise what life was all about".Having since broken into the world's top 50, even the odd eyebrow was raised in shinty strongholds when the 24-year-old was recently spotted back swinging that caman, but it was for exactly the same reason.MacIntyre returned home from his latest outing in Denmark feeling a little bit exasperated and decided there was only one way to get that out of his system before returning to action in next week's US Open at Torrey Pines in California. "It's no secret I still go to training and whatnot," he said. "It's been part of my life since I watched my dad (Dougie, a Camanachd Cup winner with Oban Camanachd) growing up. It helped me massively two years ago after Morocco and it still helps me clear my mind and spend time with my pals again, which is the main thing."MacIntyre, who will be flying the Saltire along with Martin Laird in the season's third major starting next Thursday outside San Diego, seemed to be unhappy at the weekend about someone not appearing to like how he goes about his business. "It's fine getting hate mail or messages in life about my golf," he wrote in a post on Twitter. Using the hashtags #dontlikeit and #dontwatchit, he added: "Sending a letter to my old man is the next step up."Asked about that, the Cyprus Showdown champion played it down, saying: "You get those kinds of things and I was laughing at it more than anything." He certainly has no plans to do things differently, no matter what anyone thinks about him."Yip, I will never change," he said of being someone who wears his heart on his sleeve. "It's the way I am, the way I have been brought up and I will keep doing what I am doing."MacIntyre, who enjoyed taking part in the Scotland squad announcement for Euro2020 on social media, will be on Pacific Coast time, which is eight hours behind, when Steve Clarke's side kick-off their campaign at 2pm UK time against the Czech Republic at Hampden on Monday."Aye, I'll definitely be watching them," he said, smiling. "I'm sure I'll be awake by then, anyway, with the time difference, so I'm going to try."Obviously my main priority is to prepare for a golf tournament, but it's on Monday and, if I can watch the football, then I'm sure I'll be watching it. And then I've got to hope for a good tee time on Friday, for the Wembley game (against England)!" While it's a good idea to go to bed at the same time each night, there will be some nights when your brain is buzzing and not ready for sleep. If so, don't lie down just yet. Your racing thoughts could lead to insomnia. Instead, do something to relax until you feel tired. Take a warm bath, for instance, or sit in a comfy chair and listen to soft, calming music. You'll spend less time in bed but more time asleep. Stressful subjects, like work or your finances, can make your thoughts churn. Take care of the bills and emails tomorrow. Also, turn off scary or action-filled movies and TV – even the news. Log out of social media, too. Whether you engage in, or just watch or read a heated back-and-forth, your mind reys up and makes it harder to relax. Work projects to finish, calls to make, kids to wrangle. It's hard to drift off when you're trying to remember every last thing you need to do when you wake up. Let go of this mental load by putting it down on paper. Take 5 minutes before bed to jot down every task you need to take care of in the a.m. You'll get it off your mind and be able to fall asleep faster. Release tension from your body, and you'll find it easier to let go of stressful thoughts. Lie on a flat surface and allow your body to go limp. Take a breath and deeply exhale. Then, squeeze and release one section of your body at a time. Start with your toes. Your heels can come next, followed by your knees, thighs, belly, and so forth. Let your forehead be last. Notice how relaxed your body feels – and enjoy it! With your breath, you have a ready-made tool to relax your body and slow down the thoughts that keep you awake. Try this: Place a hand on your heart and feel its rhythm. Breathe in deep for 4 seconds, then take a long, slow breath out. Repeat this pattern until you can feel your heartbeat slow down. Your thoughts should soon ease up as well. Your phone, tablet, and other screens can mess with your sleep. The reason? They give off blue light, which signals your body to stop making melatonin, the hormone that controls when you feel sleepy. Instead, this light tells your brain to stay alert. Not to mention the late-night dings and buzzes that can jolt you out of peaceful slumber. The best bet for better sleep is to keep computers, TVs, and, yes, your phone out of your bedroom. Learn to calm your mind on demand, and you'll find it easier to drift off at night. If you're new to meditation practice, it helps to find a point of focus. It could be the sound of your breath or a simple phrase that you repeat in your head, like "I am at peace." At first, you may struggle to tune out your thoughts. It's OK to stop after a minute or two – but try again the next night. Over time, you'll be able to meditate longer. If they're stuck inside your mind, worries and "What ifs?" can grow unchecked. Say them out loud, and they might just vanish. You can test this tactic first: Start to recite the letters of the alphabet in your head. When you get a few letters in, say something out loud. Notice that your ABCs came to a halt? That's what can happen when you give voice to your worries. Many people say yoga helps them sleep better. Try "child's pose" at bedtime. Kneel on the floor with your big toes together. Separate your knees the width of your hips, and sink your chest to your thighs. Let your forehead touch the ground. Have hip or knee issues? Try "corpse pose" instead. Lie on your back, legs apart and arms relaxed at your sides. Exhale and feel yourself sink into the ground. Stay in either pose for 3-5 minutes. Spoiler alert: You won't be able to get rid of all your worries for good. In fact, the more you tell yourself not to stress, the more you're probably will. What can help is to schedule a "worry time" during your day. Choose a small window of time to sit quietly. Let yourself go over all the things that have you concerned, as well as some ways you might solve them. You may find that this allows kind to worry less – and sleep better. Sources | Medically Reviewed on 02/21/2020 Reviewed by Neha Pathak, MD on February 21, 2020 IMAGES PROVIDED BY: 1) Lacheev / Thinkstock 2) Ingram Publishing / Thinkstock 3) evgenyatamanenko / Thinkstock 4) jacoblund / Thinkstock 5) WebMD 6) AndreyPopov / Thinkstock 7) YakobchukOlena / Thinkstock 8) George Doyle / Thinkstock 9) fizkes / Thinkstock 10) pixelheadphoto / Thinkstock SOURCES: Mind.org: "How to cope with sleep problems." Guy's and St. Thomas' NHS Foundation Trust: "Jacobson's progressive relaxation technique." Anxiety and Depression Association of America: "Sleep Disorders." National Sleep Foundation: "How Does Anxiety Affect Sleep?" "Scary Ways Technology Affects Your Sleep," "How to Meditate Before Bed." Journal of Experimental Psychology: "The effects of bedtime writing on difficulty falling asleep: A polysomnographic study comparing to-do lists and completed activity lists." The Sleep Council: "Seven Steps to a Better Night's Sleep." Harvard Health Publishing: "Yoga for Better Sleep." Behavior Modification: "A Preliminary Investigation of Stimulus Control Training for Worry: Effects on Anxiety and Insomnia." Sleep Health Foundation Australia: "Anxiety and Sleep." Reviewed by Neha Pathak, MD on February 21, 2020 This tool does not provide medical advice. See additional information. THIS TOOL DOES NOT PROVIDE MEDICAL ADVICE. It is intended for general informational purposes only and does not address individual circumstances. It is not a substitute for professional medical advice, diagnosis or treatment and should not be relied on to make decisions about your health. Never ignore professional medical advice in seeking treatment because of something you have read on the WebMD Site. If you think you may have a medical emergency, immediately call your doctor or dial 911. 1 Confront your anxieties. While it may seem counter intuitive, the best way to take your mind off of problems in the long term is to confront and overcome them. Otherwise, the same issues will continue to crop up and cause anxiety until they are dealt with. Ruminating – a tendency to replay anxious thoughts over and over in your mind – is a mental habit that has to be broken. Begin by allowing yourself to consider the root source of your anxious thoughts. What is the scenario you fear most, and why do you worry about it? After you have identified the source of your anxiety, let yourself imagine the worst-case scenario. Often we let open-ended scenarios frighten us, when in reality we can handle the worst-case scenario. Ask yourself, what is the worst thing that can happen, and can I handle it? 2 Set a time limit on worrying. It is impossible to force yourself to not worry about your problems, especially if the problems present real challenges to your daily life (like finances or relationships). Giving yourself a set time period each day to worry can help you find freedom the rest of the day. Schedule 20-30 minutes at the same time every day to think about the issues that worry you. Remind yourself at other times that it is not the time to worry. Be sure your "worry period" is early enough in the day that it does not interfere with your sleep.[1] 3 Consider meditation. Contrary to what you might see on TV, meditation doesn't have to be complicated, spooky, or mystical. Lots of ordinary people practice simple varieties of meditation to help calm their minds. Meditation is about developing the discipline to quiet or focus your mind. Start by sitting in a comfortable, quiet room free of distractions. Sit in a position that is comfortable for you, but keep a straight back and good posture. Use a chair if you prefer.[2] Close your eyes gently and breathe naturally in and out through your nose. Focus your attention on the way the air feels entering your nose, then your throat, then your lungs; and then on how it feels leaving again.[3] If you find it hard to focus on your breath and your mind starts to wander, just gently redirect your thoughts back to your breath. You can do this for just a few minutes and then gradually increase the time you spend clearing your mind.[4] 4 Do some yoga. Like meditation, yoga is a common but often misunderstood mind and body exercise that many people use to calm and center themselves after a long day. Like meditation, it can be relaxing and quieting, but unlike meditation it also involves a sometimes-rigorous exercise component that helps to keep you in shape and makes you actively focus on things other than whatever is bothering you. Try investigating a yoga studio in your area. Many studios will allow you to take a class for no charge to see if it's a good fit for you. If you can't afford classes in a studio or gym, consider your local community center or YMCA, which often have yoga and other classes at a discount or on a pay-per-class basis. If group classes are not right for you, purchase a DVD series or try YouTube lessons. These can be just as effective as a course in a studio, and when you learn the moves well enough, you can do them without the video. 1 Hide your triggers. Whatever it is that is bothering you, distracting you, or stressing you out, put it somewhere out of the way for a while and ignore it. If you just got home from work, hide your laptop, your phone, those bills that are overdue, and all the other things that you associate with working. If you just broke up with someone, clear out all the things that remind you of that person. Make it too difficult to think about the things that are bothering you. For many people who struggle with general anxiety, avoiding television or internet news feeds can help, since the news is often sensationalized to capitalize on your worries.[5] Sometimes you can't avoid your triggers, but it can still be helpful to figure out what they are. For instance, someone might say something that triggers a painful memory. It's important to dig deep and figure out where those feelings are coming from.[6] 2 Go for a hike. Spending time in a park, the woods, around a lake, or in a nearby meadow can help ground you to your surroundings, keeping your mind off troubling things. In addition to benefits to your physical health, spending time outdoors has been shown to improve concentration and increase reported levels of happiness.[7] It's important that you don't allow your time outdoors to become a place to dwell on the issues that are bothering you. Instead, use the time to focus on your physical health, the texture of the grass or the changing light on a tree or mountain, the ripples of a lake. Sets of serenity can be built in our minds and they are places where we can go more simply in our minds. Remember this. If you find it hard to focus on your surroundings and your mind wanders back to your troubles, consider setting out on your walk or hike with a specific purpose in mind, such as collecting interesting seed pods, identifying various types of birds, or tracking wildlife. Having a task to do can help refocus your attention. 3 Listen to music. Music is a great way to just let loose and dance, or meditate and relax. Whatever style of music you favor, listening actively can help clear your mind and leave you feeling refreshed. Music with slow, methodical beats can put you in a meditative state and has been shown to reduce stress and anxiety much like hypnosis and meditation.[8] Alternately, if you don't want to relax but still need a distraction, try listening to music with complicated lyrics that you'll have to follow closely. Staying closely engaged will help to keep your mind off other things. Check out Leonard Cohen, Patty Smith, Bill Callahan, or Vic Chesnutt. 1 Read a good book. Using literature to improve your mental health is known as bibliotherapy, and it is a surprisingly effective way to clear your mind of your own issues and focus on someone else's story.[9] Pick a book in a genre that you find interesting and allow yourself to be immersed in the lives of the characters. Try looking at your local library or check out www.goodreads.com for suggestions from other readers. 2 Exercise. If you're not doing anything, it's hard to keep your mind from the issues you want to avoid. Additionally, exercise has been shown to relieve stress, reduce anxiety, and ward off depression.[10] Find a type of physical exercise that you enjoy, whether it be aerobics at the gym or shooting hoops at the park. Read more about the following great methods of exercise that you can do all yourself: Lift weights Circuit train Jog Swim Play basketball Box 3 Volunteer your time. One great way to get your mind off your own problems is to focus on serving others. Call up your local homeless shelter, animal shelter, food bank, or other organization. Every community has ways to get involved. Studies show that volunteering 100 hours a year increases overall feelings of satisfaction with life, provides a buffer for stress, and even improves physical health.[11] 4 5 Make something. Instead of focusing on the issues that are bothering you, do something productive with your time that will keep both your hands and your mind busy. Pick a project that you've always wanted to try. Draw a picture, or paint. Even if you don't consider yourself an artist, spending some time doing Bob Ross imitations or launching paint at a canvas Jackson Pollock-style can be a great way to unwind. Make small collages with newspaper, magazines, and other found-photo cutouts. You can then turn these collages into postcards and send them to your friends. Write in your diary or journal, or write a story, or try out your poetry skills. Writing is a great way to get your mind off of things, so long as you choose a different topic to write about than the one you're trying to avoid. 6 Clean the house. Get out the vacuum, cleaning products, and clean up your living space. Cleaning your living space can symbolize a fresh start and help you refocus your energy on improving your own living area. In fact, living in a messy space can cause feelings of stress that can be overwhelming.[12] Start with a quick clean, tidying everything up, throwing away garbage, and straightening generally. Then, go into your deeper clean mode, vacuuming, dusting, and scrubbing. Throw away anything that is broken or unusable and donate anything that works but you no longer need. 1 Call your friends. One way of taking your mind off things is to be with other people. Don't let yourself spend time being distracted and depressed alone. Call some friends and plan to do something together, or get some close friends to come over and have a movie night, a dinner party, or play a game of some sort. You may want to take your mind off things, but you may also want to talk out the thing that's bothering you or distracting you. If you're feeling upset over a break-up, a recent disappointment, or some other issue, it might be a good idea to have some sympathetic friends to talk with instead, rather than distract. 2 Spend time with family. Whether you live at home or not, whether you have a big family or a small family, whether you are close with your family or not, spending some quality time with your family can help take your mind off other things. Organize plans to do something out with your family, or you could just head to the homestead and spend time at home. Even if you're just eating dinner and watching television, doing it with your family can be more relaxing and comforting than anything else. 3 Head to a public place. If your family and friends are busy, consider heading to a public place and just being around people. Even if you don't want to sit somewhere and try to talk to strangers, people watching can be a nice way of keeping your mind off things. Head to the library, a coffee house, a bar, a local park, or a record store to socialize or people-watch. While it's true that bars can be great neighborhood hangouts and places to socialize over a few drinks, drinking is not recommended as a way to distract your mind, as it can lead to serious problems with alcohol dependency. Go to the bar to socialize, not to drink your trouble away. 4 Write an old-fashioned letter or postcard to distant friends. If you can't have your friends come to you, send something to your friends. Write up a letter to get in touch, asking questions to help catch up and filling your friend in on your own life. Want to go really old school? Make a mix tape and send it to a friend in the mail. Add New Question Question How do I stop dwelling on my thoughts? Allison Broennimann, Ph.D Clinical Psychologist Dr. Allison Broennimann is a licensed Clinical Psychologist with a private practice based in the San Francisco Bay Area providing psychotherapy and neuropsychology services. With over a decade of experience, Dr. Broennimann specializes in in-depth psychotherapy to provide solution-focused treatments for anxiety, depression, relationship problems, grief, adjustment problems, traumatic stress, and phase-of-life transitions. And as part of her neuropsychology practice, she integrates depth psychotherapy and cognitive rehabilitation for those recovering after traumatic brain injury. Dr. Broennimann holds a BA in Psychology from the University of California, Santa Cruz, and an MS and Ph.D. in Clinical Psychology from Palo Alto University. She is licensed by the California Board of Psychology and is a member of the American Psychological Association. Support wikiHow by unlocking this expert answer. Those feelings are coming up for a reason. You have to figure out if the stimulus is coming from inside of you or outside of you. For instance, if someone steps on your toe, says something unkind, or creates a competitive environment at work, those are obviously external triggers. However, it could be coming from one of your own complexes. Ask a Question Thanks! Thanks! This article was co-authored by Allison Broennimann, Ph.D. Dr. Allison Broennimann is a licensed Clinical Psychologist with a private practice based in the San Francisco Bay Area providing psychotherapy and neuropsychology services. With over a decade of experience, Dr. Broennimann specializes in in-depth psychotherapy to provide solution-focused treatments for anxiety, depression, relationship problems, grief, adjustment problems, traumatic stress, and phase-of-life transitions. And as part of her neuropsychology practice, she integrates depth psychotherapy and cognitive rehabilitation for those recovering after traumatic brain injury. Dr. Broennimann holds a BA in Psychology from the University of California, Santa Cruz, and an MS and Ph.D. in Clinical Psychology from Palo Alto University. She is licensed by the California Board of Psychology and is a member of the American Psychological Association. This article has been viewed 492,381 times. Co-authors: 51 Updated: May 6, 2021 Views: 492,381 Categories: Relaxation Print Send fan mail to authors Thanks to all authors for creating a page that has been read 492,381 times. "This helped me because my mother has recently found out that I've cut myself again and she said that I needed to get my mind off things. This really has helped me, thanks."..." more Share your story

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